

1. A sash balance shoe comprising:

a housing having a first length, adapted for moving along a second length of a window frame track,

a first elastic element comprising a first end attached to said housing against movement in said housing along the first length, and a second end attached to a first pulley block that is movable in said housing along said first length,

a second pulley block mounted in said housing fixed against movement in said housing along said first length, spaced from said first pulley block,

a second element mounted in said second pulley block, rotatable about a first axis through said second pulley block by rotation of the sash out of the window frame when said second element is connected to the sash and the housing is mounted on the track.

2. The sash balance shoe of claim 1 further comprising:

means for braking, configured for lateral extension from said second pulley block in response to rotation of said second element for engaging the frame for, preventing movement of said housing along the second length of the window frame track.

3. The sash balance shoe of claim 1 further comprising:

a bearing surface in said second pulley block for receiving said second element for rotation of said second element on said first axis.

4. The sash balance shoe of claim 1 further comprising:

a bearing surface integrally molded with said second pulley block, for receiving said second element for rotation of said second element on said first axis.

5. The sash balance shoe of claim 1 further comprising:

said housing comprising a front wall, a first side wall attached to said front wall and a second side wall attached to said front wall, extending generally U-shape in cross section on three sides of each of said elastic element, said first pulley block and said second pulley block,

means for connecting said second element to the sash extending from said second element along said first axis generally normal to said front wall so that when said housing is mounted on said window frame track for moving along the second length, and said means for connecting is attached to the sash, the open side opposite to the front wall is covered by the track.

6. The sash balance shoe of claim 1 further comprising:

said housing comprising a front wall, a first side wall attached to said front wall and a second side wall attached to said front wall, extending generally U-shape in cross section on three sides of each of said elastic element, said first pulley block and said second pulley block,

means for connecting said second element to the sash, extending along said first axis generally normal to said front wall, traversing said front wall, so that when said housing is mounted on the track for moving along the second length, and said means for connecting is attached to the sash, the elastic element, first pulley block and at least a portion of the second pulley block are

enclosed by said housing and the track when the sash is parallel to the track and when the sash is rotated out of the window frame.

7. The sash balance shoe of claim 1 further comprising:

means for guiding said housing in said track integrally molded on said second pulley block extending laterally to the first length.

8. A sash balance shoe comprising:

a housing having a first end, a second end and a first length from said first end to said second end, adapted for moving along a second length of a window frame track, the first length parallel to the second length,

an elastic element having a second end attached to the housing against movement in said housing along said first length, and having a third end attached to a first pulley block that is movable in said housing along said first length,

a second pulley block mounted in said housing fixed against movement in said housing along said first length, spaced from said first pulley block,

a cam mounted in said second pulley block, rotatable about a first axis in response to rotation of the sash out of the window frame when said cam is connected to the sash,

a cord having a first end attached to one of said first pulley block and said second pulley block, wrapped around a first pulley in said first pulley block, wrapped around a second pulley in said second pulley block, extending from said housing for attachment of a second end of said cord to

the window frame when said housing is mounted on the track for movement along the track.

9. The sash balance shoe of claim 8 further comprising:

said housing comprising a front wall, a first side wall attached to said front wall and a second side wall attached to said front wall, extending generally U-shape in cross section on three sides of each of said elastic element, said first pulley block and said second pulley block,

means for connecting said cam to the sash extending along said first axis generally normal to said front wall, traversing said front wall, so that when said housing is mounted on the track for moving along the second length, and said means for connecting is attached to the sash, the elastic element, first pulley block and at least a portion of said second pulley block are enclosed by said housing and the track when the sash is parallel to the track and when the sash is rotated out of the window frame.

10. The sash balance shoe of claim 9 further comprising:

means for guiding said housing in said track integrally molded on said second pulley block extending laterally to the first length.